

Personal Health Preparedness 101

Large-scale events, like the devastating hurricanes of recent years, remind us of how important it is to be prepared for what comes after the high winds die down and the rain stops.

A natural disaster or unexpected emergency can severely limit people's access to food, safe water, medicines, and medical supplies for days or weeks or even longer. Be prepared to protect your family's health and wellbeing by having the personal needs, prescriptions, paperwork, power sources, and practical skills you need to respond.

- **Personal needs**: Gather enough food, water, and medical supplies to last *at least* three days.
- **Prescriptions**: Organize and secure at least a 7- to 10-day supply of prescription medications.
- **Paperwork**: Collect and protect important documents and medical records.
- **Power sources**: Be prepared for the possibility of power outage with emergency light, alternative heat, and backup power sources.
- **Practical skills**: Learn self-help and life-saving skills and lessons.

For more information, tips, and lists, visit [cdc.gov/prepyourhealth](https://www.cdc.gov/prepyourhealth).